

KE
HN



IN THE CITY	3
AM SUMMER	4
AM AUTUMN	8
AM WINTER	22

IN THE CITY

2024

- ⑥ at the foot of the mountain you cannot see mountain
- ⑥ away from the mountain I see where I was —still buried
- ⑥ the marsh / the mountain / the sky
- ⑥ steady stream of noise and sound —inside/outside
- ⑥ living in the city is a poverty, but a need, but a poverty
- ⑥ no longer any strategy for escape —flocks of ducks fly off
- ⑥ city engineer marking the road —we live, we upgrade, we live?
- ⑥ lately, some smells reminding me of my childhood —eternity
- ⑥ herons —standing/waiting/fishing all day —content city-slickers

AM SUMMER

2024

- ⑥ no longer in the hermitage / head-pain / staying with friends
- ⑥ on the road soon to become a city dweller again -blah
- ⑥ crow squawks above smokers open-air lounge -marsh a backdrop
- ⑥ vertigo / garbage truck beep-beep, rumble / marsh tranquil
- ⑥ accepting noise / getting a bit more sleep / Canada geese honk
- ⑥ among the waterlilies a heron / on the window a damselfly
- ⑥ clear sky / heron flaps between fishing spots / ventilation din
- ⑥ clear sky / heron arrives as per usual / a bit frustrated
- ⑥ quiet? / cloudless sky / no other thoughts
- ⑥ antsy / want to do and don't want to do / pointlessness
- ⑥ deer with fawns on the trail / smoker's lounge -a steady flow

- ⑥ need to simply settle / need to accept the city / want?
- ⑥ pain-free / basking in relief / no room for sentiment
- ⑥ small mishaps already / a marsh walk? / how vulnerable we are
- ⑥ clouds cover the mountaintop / dragonfly bumps at the window
- ⑥ cloudbank at the mountaintop / a small bird chases a bigger bird
- ⑥ very grey -as if it might rain any minute / dry and still
- ⑥ Canada geese formation fly thru / waitings day / feeling sleepy
- ⑥ rose late / too much socializing yesterday / need an alone day
- ⑥ soft gray / the mountaintop visible / how we exist?
- ⑥ the mountain content, knowing, and solid -I am at its feet
- ⑥ thunder and lightning last night / wonderful rain -more to come
- ⑥ cloudbank -a cotton batt being pulled over the mountaintop
- ⑥ clouds low / fine rain / debating when to go for a walk?
- ⑥ noisy / busy all round / small mishaps -some not even my own
- ⑥ two big thunderclaps / a downpour of rain / calm now

- ⑥ the flow of maintaining us —everyday it is before me
- ⑥ washed out / pain all day yesterday / low clouds moving thru
- ⑥ cool air / clouds to carry my thoughts / sun lights up the marsh
- ⑥ steady rain / emotions unsteady / how to live with more sound?
- ⑥ wonderful sky vista / west to east clouds / pink grey blue green
- ⑥ mountain centre stage / only cloud shadows / heron fishing
- ⑥ blinking —sunlight reflects off a window 5 miles away / blinking
- ⑥ the natural vista is betrayed by the sound of weekend traffic
- ⑥ bright / heron turns —looks bigger / heron turns —looks smaller
- ⑥ pain / pain / pain
- ⑥ all situations showing up / where to be? —can't keep moving
- ⑥ overcast / maintaining / overcast
- ⑥ cool air / warm temperatures ahead / weather reigns
- ⑥ up late / day going sideways already / ugh
- ⑥ calm after the too busy day yesterday / accepting the city flow

- ⑥ orange sunrise reflecting off several windows —the house ablaze
- ⑥ pain / another nothing day coming / stuffy
- ⑥ cool air / sunshine and cloud shadows on the mountain / breezy
- ⑥ autumn air / the clouds float west / to simply go? how?
- ⑥ stiff / overcast / accepting sounds of morning constitutionals
- ⑥ clear sky / sunlight too bright for my eyes / feeling inadequate
- ⑥ geese fly by / geese fly by / two stragglers
- ⑥ mishmash morning / eclectic pondering / run to the mountain?
- ⑥ cloud —as if a veil pulled continuously over the mountaintop
- ⑥ pain / pain / pain
- ⑥ hours slow / minutes fast / wispy cloud along the mountaintop
- ⑥ sun spotlights the marsh / herons jockey for advantage / content
- ⑥ grey / cool air / the mountain ridges say, "great view from here"
- ⑥ cool wind / rush waves / more and more jackets
- ⑥ high mist / pavement wet / not much marsh gazing this morning

AM AUTUMN

2024

- ⑥ rain / breezey / a good opening start to autumn
- ⑥ fog / watching the flow of captivity in a 'free' country / fog
- ⑥ joggers determine the direction of deer on the trail -confusion
- ⑥ fine rain / closing door noticing morning / clouds lifting
- ⑥ hawk hunting / blackbird calls / light rain
- ⑥ sunshine / a cloud puff floats south / how to live the end-time?
- ⑥ open window / dryer sheet scent / close window
- ⑥ sunshine / thinking, yes, the world is flat (at times) / achey
- ⑥ pain / blind down for calm / a flat day ahead
- ⑥ soft grey day / calm here, chaos elsewhere? / flip-flop temper
- ⑥ vivid dreams in the wee hours / pain again / a wisp of mist

- ⑥ mountain-top spotlit / clouds float north / distracted
- ⑥ heron nabs a frog / pondering people's survival / coasting
- ⑥ rose late / side-tracked / making a home not feeling at home
- ⑥ soft grey light / unsettled geese flocks / cautious steps of a deer
- ⑥ breeze ripples marsh water / sitters in parkas / joggers in shorts
- ⑥ geese honking / ducks quacking / me moaning
- ⑥ pain / pain / pain
- ⑥ yellow and orange leaves / fall light calm on the marsh / heron
- ⑥ reflections grow larger in the marsh as the water-lilies decay
- ⑥ fall light / blackbird call makes me think spring
- ⑥ clouds floating west -shadow and sunshine highlight the marsh
- ⑥ rain on the marsh makes tiny shimmers / ducks create wee wakes

mosquito batting along the window
wispy cloud-line floating north
navigating low, a heron glides down to the marsh

heron, tall and stoic still
ducks, squat vessels, float below
cloud-bank creates wide shadows on the mountain

no reflection today
perhaps tomorrow
too many distractions

slight rain
dragonfly swoops up at the window
ducks push their territorial boundaries

④ tired / wispy cloud-line floats north / a prickly day already

fine rain falling

yesterday's quivering of the moth's wings

the calm of ducks floating

④ soft light / soft rain / unsettled ducks

lots of ducks on the marsh

the mountain is covered in clouds

a flock of geese flies by

④ sunshine / mist on the marsh / flora dying back more and more

④ up early in the dark / still dark / rose too early

soft gray light

sitting ducks creating expanding concentric circles

the rushes are all blondes now

④ calm / ducks resting on the marsh / sometimes there is a spat

dealing with pain

raindrop circles on the marsh water

cloud starting to cover the mountain

④ in a mess / pain, sore throat / anxiety -what's going on?

sunlight highlighting the view

high cloud floating west

ducks content on the water

a bit stormy
ducks hunkered down on the marsh
clouds floating north

- ⑥ calm / gray / yellow leaves delight
- ⑥ socked in / dark like evening-time / need the lamp on?

cat prancing along the marsh trail
mist rising and floating, rising and floating
waterfowl busy in all directions

beautiful morning light
the marsh reflects more and more the mountain
the decaying waterlillies slowly sinking

- ④ dark yet / steady rain and gusty wind / a day of inside I think?
- ④ feeling defeated / just have to let go / how to let go?
- ④ low cloud / calm on the marsh / city-works crew creeping closer

high cloud

not a lot of movement in or out

suhrise lights up the mountain

suhrise turns the mountain red

city-works truck flashing amber lights

the rumble of heavy motors soon

- ④ calm / low cloud / ducks silhouetted on the marsh
- ④ fog / feeling lost / just have to let go
- ④ up early / power outage / waiting to make porridge

④ soft sunlight / the marsh calm / noisy city-works

④ excavator moving like a tank picks up asphalt -lift, drop, smash

asphalt roads are not very thick? -

digging six feet down to lay a water-main

boulders in the way get piled above ground like relics

sunny morning

a long cloud at the mountain peak slowly floating north

city-works at a stand-still waiting

④ raining / still dark / still getting used to being here

soft light

snow on the mountain top

paddling, ducks make long vees in the marsh water

a dusting of snow on the mountain

mist rising off the marsh

some yellow leaves hanging on

puss-cat prancing along the trail

low cloud-bank covers the mountain

calm before the storm

relative calm after the storm

a slight chop on the marsh

layers of cloud, some heading north

⌚ grey / finally it seems like autumn / is my awareness shifting?

barometer reads close to storm

clouds coming in lower and lower

ducks paddle on the marsh grouping and regrouping

calm

sunshine and shadow on the mountain

strato and cumulo clouds white and grey float north

not doing well physically
learning acceptance on this journey
ultimate reality??

overcast
the ducks mingling wakes
snow on the peak of the mountain

thinking of yesterday afternoon –
herons at the marsh
two swans glided in to rest

- ④ dark / up early / porridge bubbling away
- ④ soft light / don't feel observant / too much thinking
- ④ wispy clouds floating north / flocks of busy birds / miserable me

dawn

a few light reflections on the marsh
ducks unseen except for their small wakes

what will today bring

that I should even think about it?

very tiring

low cloud

soft light as if it is evening time

songbird silhouettes in the deciduous trees

④ wispy / beautiful light / need to let go

④ fog / a few trees silhouetted / fog

④ a line of fog / blackbirds ornament the trees / a seagull flys by

④ calm / soft grey / not even a duck on the marsh

④ up early / no scenery to lull me / wish I could float away

a duck bathing in the marsh

a heron basking in the sun

a low cloudline floating north

maybe at a standstill

seeing, but no words suffice

what is before me is before me

④ my being is not in this / it's not in this / it's not in this

④ struggling / making sense of how we 'live' / senior questioning?

so focused on my physical self
trying to comes to terms with it
holding on ? letting go ?

- ④ up too early / ailing / not knowing what
- ④ still not knowing / a narrow time / can only be with it
- ④ cool / sunny / that's all I know
- ④ too much body / no reflecting / diversions of doing
- ④ grey / birds still silhouetted / life still narrow
- ④ sunny / clouds create shadows on the mountain / still floating
- ④ grey / quiet / the birds must be tucked in still
- ④ grey / low cloud floating north / blackbird calls and chits
- ④ sick / suffering too long / will it end?
- ④ will it end?

AM WINTER

2024

sick

not well on top of not well

opaque spots on the marsh from the breeze
ducks creating vee wakes
sun shining on the blond rushes

bald eagle flys low over the marsh
cat prances along the trail
trail walker glad in shorts

- ④ will I get over this affliction?
- ④ defeated by everything
- ④ dark / rain / ducks still silhouetted on the marsh call out
- ④ calm / one duck wake makes a long stroke another a circle

soft light

ducks creating concentric circles on the marsh

circles dividing into radiating arcs shimmering

low cloud

the marsh bathed in sof light

raindrops and ducks gently stirring the water